The Pneumonic Plague PSYOP Explained: Why I'm Not Afraid — and the Herbs That Work When Antibiotics Fail

10/06/2026 // Mike Adams // **5.2K** Views

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The Pneumonic Plague PSYOP Explained

The headlines are designed to make your pulse spike: a young lab technician in Siberia is dead, a hospital wing is sealed off, hundreds are under observation, and the word "plague" is being broadcast across every corporate news feed on the planet. By the time you finish reading this, you will understand why I am not afraid, and why this entire story has the fingerprints of a psychological operation all over it.

I'm Mike Adams, the founder of NaturalNews.com and Brighteon.com, and I have spent more than two decades documenting how fear is manufactured, weaponized, and monetized by the same institutions that claim to protect us. The pneumonic plague scare of 2026 is the latest installment in that long-running series, and I believe it is being staged for a purpose that has nothing to do with protecting human health.

Let me be direct: Bacterial lung infections are real, and *Yersinia pestis* is a genuine pathogen that has killed enormous numbers of people across history. But the gap between a real bacterium and a global panic is exactly where the psyop lives. My answer is not submission to agencies, not a rushed vaccine, and not a lifetime of fear. My answer is preparation, nutrition, herbal medicine, clean air, and a mind that refuses to be hijacked by a single alarming headline.

The Siberia 'Plague' Story Is Already Falling Apart

Start with what the available reporting actually establishes. A 28-year-old technician at an anti-plague research institute near Irkutsk died after reportedly breaking a test tube containing live plague bacteria. Nearly 200 people were placed under medical observation, a hospital wing was quarantined, and local outlets reported that FSB units were escorting ambulances carrying the woman's contacts [1]. Modernity News described the sequence as a potential lab leak of live pneumonic plague bacteria, with Moscow's official line still being "pneumonia of unknown origin" [2].

Now here is the part the fear merchants keep skating past. Irkutsk's governor announced the cause of death as "pneumonia of undetermined etiology" and stated that no micro-organisms linked to the woman's work had been found in her biological samples [3]. Contacts tested symptom-free and negative. Reports of a massive outbreak raced across social media while health authorities confirmed almost nothing. Rospotrebnadzor, Russia's consumer watchdog, said only that a "special set of measures" had been implemented in response to the case [4].

So we have a dead woman, a legitimate tragedy for her family, and a story that has been inflated into an international incident on the strength of an unverified broken test tube. Why "plague"? Because plague terrifies people, and terrified people accept things they would otherwise reject. The White House said it was "monitoring the outbreak, and assessing options" [5], and Secretary of State Marco Rubio confirmed the United States was watching closely while insisting there was no cause for alarm [3]. That is the tell. Announce the alarm, monitor it dramatically, then insist you are calm while never actually confirming the threat.

I have seen this movie before, and so have you. As I have written repeatedly, the pandemic industry requires a continuous supply of fear to maintain its market for mRNA products, and with COVID-19 fading and looking worryingly unnatural in origin, that industry has developed a growing interest in medieval diseases [6]. A single laboratory accident in Siberia is now serving the same function that every hyped outbreak has served since 1976: it keeps the biodefense budget flowing and the public obedient [7].

Bacteria Are Real -- but the Fear Is Manufactured

Here is where I part company with the fear narrative at the level of basic science. Unlike the questionable virology that underlies claims of viral contagion, bacteria are observable, isolatable, and reproducible. *Yersinia pestis* is a real bacterium. The World Health Organization notes that pneumonic plague can be fatal within 18 to 24 hours and is invariably fatal unless treated early [8]. I am not disputing any of that.

What I dispute is the implication that this pathogen poses any meaningful threat to an ordinary American going about an ordinary life. Plague is not going to meet you at the grocery store. In the United States, plague exists primarily in wildlife -- squirrels, chipmunks,

mice, and feral cats -- and crosses to humans through animal bites or infected fleas [9]. Even the confirmed human cases in the western U.S. are rare and scattered [10]. The bacterial form of plague, unlike the respiratory viruses that governments use to justify mask mandates, does not spread easily between people in a modern society.

So who actually gets sick? The people whose immune systems have already been compromised. The vulnerable are the vitamin D deficient, the sunlight deprived, the malnourished, the chronically stressed, and those whose cellular energy has been drained by years of poor diet and pharmaceutical burden. This is basic terrain theory, and it is why I keep saying that the question is never "is the germ real" but "what kind of host are you?"

Worse, the official response to a bacterial scare actively harms the people it claims to protect. Quarantine and hospitalization deprive people of sunlight, vitamin D, and calm -- the exact inputs the immune system needs to fight a respiratory infection. As I have argued for years, vitamin D and vitamin C are among the best defenses against bacterial pneumonia, along with avoiding pro-inflammatory diets [11]. Locking people indoors and calling the resulting deterioration "spread" is not medicine. It is theater.

And we should be honest about the deliberate-release question. Given the documented history of American bioweapons research, a laboratory release by CDC-linked or military actors is, in my assessment, far more plausible than some natural outbreak. Hundreds of biological weapons "accidents" took place in U.S. biolabs over nearly two decades and were never reported [12]. That is not a conspiracy theory. That is a documented pattern of institutional recklessness, and it deserves far more scrutiny than a Russian lab technician's broken test tube.

The mRNA Plague Vaccine and the Depopulation Playbook

Now connect the dots. Israel's Tel Aviv University and the Israel Institute for Biological Research claimed a world-first mRNA vaccine against pneumonic plague with "100% protection efficacy" -- the same overhyped language we heard throughout the COVID era. That announcement did not arrive after the Siberia scare by coincidence. It arrived before it. Market preparation precedes the product launch.

I believe mRNA vaccines cannot logically work against bacteria the way they are said to work against viruses. Bacteria are complete cells with their own DNA and their own protein machinery. You cannot instruct a human cell to produce an antigen that neutralizes an organism that is itself a fully functional living cell with an independent genome. The entire premise is a category error dressed up in molecular jargon, and the Israeli claim of perfect efficacy should be treated with the same skepticism that every prior claim of perfect efficacy has earned.

The likely script writes itself. Create fear of plague. Then offer a vaccine as the only solution. Then make the vaccine the price of participation in society. I have warned repeatedly that Israel's aggressive push for vaccination among its own population adds a troubling layer to this narrative [13], and I have argued that mass vaccination campaigns have functioned as a form of biological warfare in service of a broader depopulation agenda.

Why would anyone want to depopulate? Follow the money. The U.S. empire is drowning in debt and unfunded liabilities, and killing off Social Security recipients would be the fastest path to balancing the federal budget in the eyes of the Treasury. I have laid out the gruesome arithmetic before: eliminating 200 million Americans would not only halt entitlement outflows but would free up an estimated 1,500 terawatt hours of annual energy production -- enough to power the AI data centers that the U.S. government believes it needs to compete with China. Since the mRNA injections have not achieved their depopulation milestones, a provoked conflict or another engineered biological scare could accelerate the timetable dramatically.

The American government has a long, documented history of bioweapon releases and medical experiments on unwitting people. From Tuskegee to the Bay Area bacterial sprays to the CIA's hundreds of medical experiments on American citizens, the pattern is not a fringe claim -- it is a matter of public record. Robert Kadlec, a veteran of biowarfare with longstanding connections to the National Security State, has now become the head of counterproliferation policy at the Department of War [14]. The people who build bioweapons are the people who manage the response to bioweapon scares. That is not a conflict of interest. That is the entire business model.

So let me state my position plainly: I am not afraid of a natural plague outbreak. I am concerned about a deliberate government release tied to a vaccine rollout, and I am concerned about a population that has been conditioned by a decade of manufactured emergencies to accept whatever the authorities demand next.

Nutrients and Herbs That Actually Fortify You Against Bacterial Lung Infections

First, an honest distinction that the fear merchants never make. There is a difference between daily prevention and emergency intervention. If you have a raging lung infection, if you are coughing up fluid, if you cannot breathe -- go to an emergency room. Antibiotics like doxycycline or fluoroquinolones can be legitimate short-term tools in an acute crisis. I am not telling you to reject a life-saving drug in an acute emergency. I am telling you to build a body that never faces the emergency in the first place.

For daily defense, the foundation is nutritional. Vitamin C at 500 milligrams once or twice daily supports epithelial barrier integrity and immune cell function. Vitamin A from cod liver

oil supports mucosal immunity. Vitamin D, zinc, and selenium are critical for immune competence. Keep iron balanced, because excess iron feeds bacteria -- *Yersinia pestis* actually uses a siderophore for iron uptake as a virulence factor [15]. Adequate protein matters enormously, and so does sleep. None of this is exotic. All of it is dismissed by a medical establishment that prefers to sell you a shot rather than fix your dinner.

Now the herbs, and this is where the established medical literature gets interesting. *Yersinia pestis* has shown resistance to multiple antibiotics over the decades, including weaponized strains [16]. That is precisely why broad-spectrum herbal antibiotics matter. Plants do not produce single-molecule drugs that bacteria can defeat with a single mutation. They produce complex cocktails of compounds that hit multiple targets at once, which is precisely why resistance develops far more slowly.

Chinese rhubarb is scientifically documented to downregulate *Y. pestis* genes involved in ribosome protein synthesis and transport binding, disrupting the bacterial envelope and protein synthesis through a dual action that is far less prone to resistance. Berberine-containing herbs -- goldenseal, Oregon grape, barberry, Chinese gold thread, and Indian barberry -- are potent against resistant pathogens. Studies have shown that berberine alters the expression of 360 *Y. pestis* genes, which functions like a genetic hand grenade thrown into the bacterial command center. This is not folk wisdom. This is molecular biology, and the fact that you have never heard it from a corporate media outlet tells you everything about where their loyalties lie.

Beyond berberine, *Usnea* lichen (usnic acid) inhibits *Y. pestis* and antibiotic-resistant organisms. Also, mullein has a strong respiratory affinity and has been used for lungs for centuries. Red root stimulates lymph and immunity. Camphor and essential oils can help purify the air.

I would also keep garlic, oil of oregano, olive leaf extract, activated charcoal, manuka honey, calendula, echinacea, and coconut oil on hand for broader support. These are not substitutes for emergency care, and they are not a replacement for competent medical advice. Check with a naturopathic physician, and avoid contraindications during pregnancy. But understand this: the knowledge of how to fortify a human body against bacterial infection is thousands of years old, it is scientifically validated, and it has been systematically suppressed by an industry that cannot patent a plant.

Conclusion: Don't Be Weak-Minded -- Prepare, Don't Panic

The pneumonic plague story is a psychological operation aimed at the weak-minded, and the next step will almost certainly be a vaccine push I would not trust under any circumstances. The pattern is too familiar to ignore: a distant, unconfirmed event becomes a global emergency, an unverified claim becomes settled fact, and a product that did not exist last

year becomes the only acceptable solution. I have watched this cycle run on measles, on COVID, on H5N1, and now on plague. The disease changes. The script does not.

The answer is not fear. The answer is terrain. Shore up your vitamin D, your vitamin C, your vitamin A, your zinc, your selenium, your protein, and your sleep. Keep herbs on hand if you choose -- Chinese rhubarb, berberine, usnea, mullein, red root. Use independent tools like BrightAnswers.ai to do your own research instead of waiting for permission from a corporate news anchor. Support natural health sources that tell you the truth even when it costs them advertising revenue. Visit NaturalNews.com for independent reporting the mainstream will not touch, and remember that self-reliance -- not government, not Pharma -- is what actually protects you.

I am not giving medical advice, and I am not a licensed physician. Work with a naturopathic doctor who respects your autonomy. But do not let a manufactured plague scare rob you of your peace, your freedom, or your ability to think clearly. The bacteria are real. The fear is not. And the difference between those two things is the difference between living as a free person and living as a managed patient for the rest of your life.

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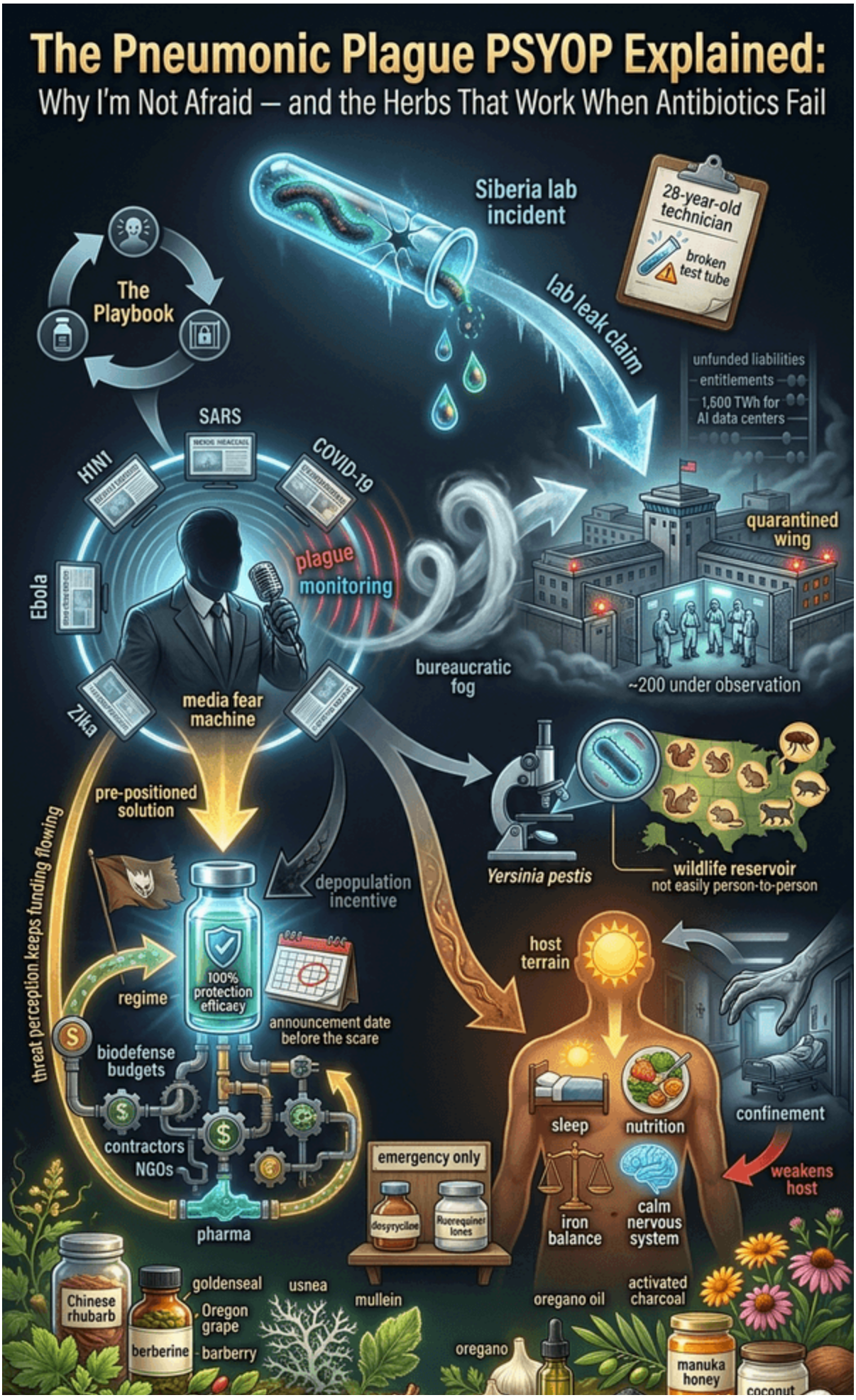
Explainer Infographic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100% protection efficacy
regime
announcement date before the scare
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About Mike Adams

Founding Editor

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Mike Adams (aka the "Health Ranger") is the founding editor of NaturalNews.com, a best selling author (#1 best selling science book on Amazon.com called "Food Forensics"), an environmental scientist, a patent holder for a cesium radioactive isotope elimination invention, a multiple award winner for outstanding journalism, a science news publisher and influential commentator on topics ranging from science and medicine to culture and politics.

Mike Adams also serves as the lab science director of an internationally accredited (ISO 17025) analytical laboratory known as CWC Labs. There, he was awarded a Certificate of Excellence for achieving extremely high accuracy in the analysis of toxic elements in unknown water samples using ICP-MS instrumentation.

In his laboratory research, Adams has made numerous food safety breakthroughs such as revealing rice protein products imported from Asia to be contaminated with toxic heavy metals like lead, cadmium and tungsten. Adams was the first food science researcher to document high levels of tungsten in superfoods. He also discovered over 11 ppm lead in

imported mangosteen powder, and led an industry-wide voluntary agreement to limit heavy metals in rice protein products.

Adams has also helped defend the rights of home gardeners and protect the medical freedom rights of parents. Adams is widely recognized to have made a remarkable global impact on issues like GMOs, vaccines, nutrition therapies, human consciousness.

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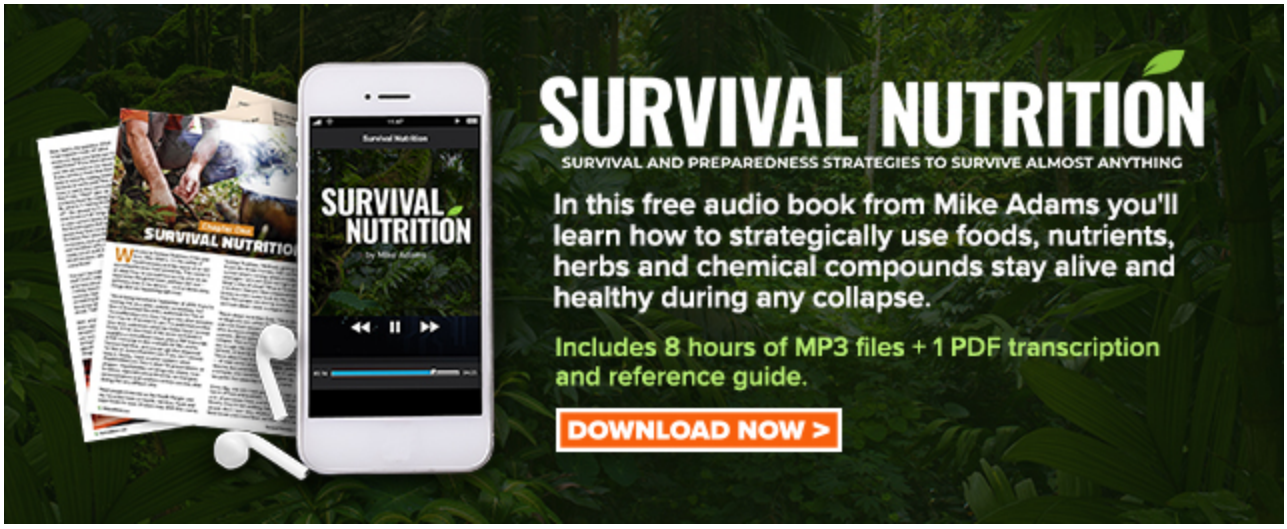
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